

EXERCISING YOUR CHARACTER

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Miss Iowa 2007

A TYPICAL TEEN: FAR FROM HEALTHY

- ◉ Fast food meals
- ◉ Donut Breakfasts
- ◉ Vending Machine Snacks
- ◉ A La Carte lunch: Pizza, Doritos, Skittles and Mountain Dew
- ◉ A dessert at every meal



"I don't feel very good!"



Formula For Good Health

Exercise

Diet

+CHARACTER

Good Health

CHARACTER

Do you **RESPECT**
yourself enough to take
RESPONSIBILITY for
your body and health??



THE SIX
PILLARS OF
CHARACTER™

EXERCISING YOUR CHARACTER

Character is doing the right thing even when it costs more than you want to pay.

MCDONALD'S MENU

Item	Cost	Calories	Fat (g)	% Daily Value	
Premium SW Salad with Grilled Chicken	\$4.68	320	9 g	14%	
Big Mac Meal (fries and coke)	\$4.86	540 <u>(380+210)</u> 1130	29g <u>(19g+0g)</u> 48g	45% <u>+29%</u> 74%	
Premium Asian Salad with Grilled Chicken	\$4.68	300	10 g	15%	
Southern Style Crispy Chicken Meal (fries/coke)	\$4.69	400 <u>(380+210)</u> 1000	17 g <u>(19g+0g)</u> 36 g	26% <u>+29%</u> 55%	
6 piece Chicken Nuggets Meal (fries and coke)	\$4.86	280 <u>(380+210)</u> 870	17 g <u>(19g+0g)</u> 36g	27% <u>+29%</u> 56%	



MCDONALD'S MENU

DOLLAR MENU	Cost	Calories	Fat (g)	% Daily Value	Sugars
Double Cheeseburger	\$1	440	23g	35%	7g
McChicken	\$1	360	16g	25%	5g
Small Fry	\$1	230	11g	18%	0g
2 apple pies	\$1	500	26g	38%	13g
Sundae	\$1	330	10g	15%	48g
Small Soft Drink	\$1	150	0g	0%	50g
Side Salad	\$1	20	0g	0%	
Fruit & Yogurt Parfait	\$1	160	2g	3%	
Apple Dippers	\$1	35	0g	0%	



CHARACTER VS POPULARITY

***“Right is right, even if everyone is against it;
and wrong is wrong, even if everyone is for it.”***



PROBLEM: AS A NATION WE LACK CHARACTER!!

Did you know...

- ◉ The American Institute for Cancer Research has determined that while 30% of all cancers are related to smoking, 35% of all cancers are related to our diet?
- ◉ Heart attacks, strokes and triple bypasses are no longer just for the aged? These life-threatening diseases have now found their way into the lives of 20-year olds.
- ◉ “Adult-Onset Diabetes” had to be renamed “Type 2 Diabetes” due to the vast numbers of children developing this lifestyle-induced type of diabetes?
- ◉ As a result of our high-fat, high-sugar, refined-flour diets and our rather sedentary lifestyle, this will be the first generation of children predicted to not outlive their parents?
- ◉ Together, obesity, eating disorders, and cardiovascular disease account for approximately 300,000 deaths every year. Only tobacco use causes more preventable deaths in the United States.

PROBLEM: CHILDHOOD OBESITY

- ◉ Nearly 34% of 9-11 year olds, and 21% of 12-17 year olds are at risk for being overweight or are obese.
- ◉ The prevalence of overweight children and adolescents has quadrupled and tripled, respectively, in the last 30 years.
- ◉ American children obtained 50% of their calories from added fat and sugar (35% and 15%, respectively), and only 1% ate diets that resembled the Food Guide Pyramid.
- ◉ About 25% of what kids eat is considered junk food, such as deep-fried foods, desserts, regular soft drinks, candy, cookies, pies and cakes.



PROBLEM: EATING DISORDERS

- 95% of those who have eating disorders are between the ages of 12 - 25
- 5 – 10% of anorexics die within 10 years after contracting the disease; 18-20% of anorexics will be dead after 20 years and only 30 – 40% ever fully recover.
- The mortality rate associated with anorexia nervosa is 12 times higher than the death rate of ALL causes of death for females 15 – 24 years old.
- 20% of people suffering from anorexia will prematurely die from complications related to their eating disorder, including suicide and heart problems.
- 50% of girls between the ages of 11 and 13 see themselves as overweight.
- Both anorexia and bulimia can lead to convulsions, kidney failure, irregular heartbeats, osteoporosis, and dental erosion.

Skinny ≠ Healthy



Attaining a specific number on the scale or with a tape measure	Meet a healthy weight within the range of your height category
	Toned and Strong muscles
	Physical Endurance
	Normal Blood Pressure
	Good Cholesterol
	BMI between 18.5 and 24.9
	Healthy and Positive Mindset and Body Image

“A healthy body falls into shape and finds its best healthy weight naturally.”

WHO IS TO BLAME??

- ◉ **Fast food Restaurants:** with high calorie and high fat super-sized meals.
- ◉ **Coca Cola and Pepsi:** Drinking a lot of sugary drinks are also linked to obesity and soda consumption has almost doubled in the last 20 yrs.
- ◉ **Video Games and TV:** Among the reasons that kids are less active are that they watch too much TV and play a lot of video games.
- ◉ **Media:** Body image pressure to be thin, not necessarily healthy.
- ◉ **Business/Advertising:** everywhere there is pressure from companies to buy their products and eat junk!
- ◉ **Schools:** allow students to buy snacks and soft drinks from vending machines and don't always require physical education classes.
- ◉ **Ourselves** for not having the character to learn about nutrition and to maintain a healthy lifestyle! Often people are lazy or chose the easy way out.

WE HAVE A CHOICE TO MAKE

Be Apathetic

OR

Exercise Your Character and do something!!

This is where our Character is tested the most!

APATHETIC

A photograph of a man sitting on a couch at night. To his left is a large, intense fire burning brightly. The man is wearing a dark t-shirt and blue jeans, and he is looking towards the camera with a neutral expression. The couch is made of light-colored wooden slats. The background is dark, suggesting an outdoor setting at night.

It's okay, my side of the couch is fine

**IF YOU'RE NOT PART OF
THE SOLUTION, YOU'RE
PART OF THE PROBLEM!**

Bad choices have consequences



and they often affect a lot of innocent people

Everyone affected by a decision is a “stakeholder”

WHAT CAN YOU DO?

- 1) **Make changes now in your school to promote better health initiatives**
 - What could you improve or change to help improve health of students?
 - Can you help eliminate bad habits?

Children today are forming their values and character in a world full of inconsistent messages



WHAT CAN YOU DO?

- 1) **Make changes now in your school to promote better health initiatives**
 - What could you improve or change to help improve health of students?
 - Can you help eliminate bad habits?
- 2) **Educate peers and elementary on importance on healthy lifestyle and nutrition**
 - Does your school do enough here?

MYPYRAMID.GOV

FOOD PYRAMID'S NEW DIMENSIONS



GRAINS

VEGETABLES

FRUITS

OILS

MILK

MEAT &
BEANS



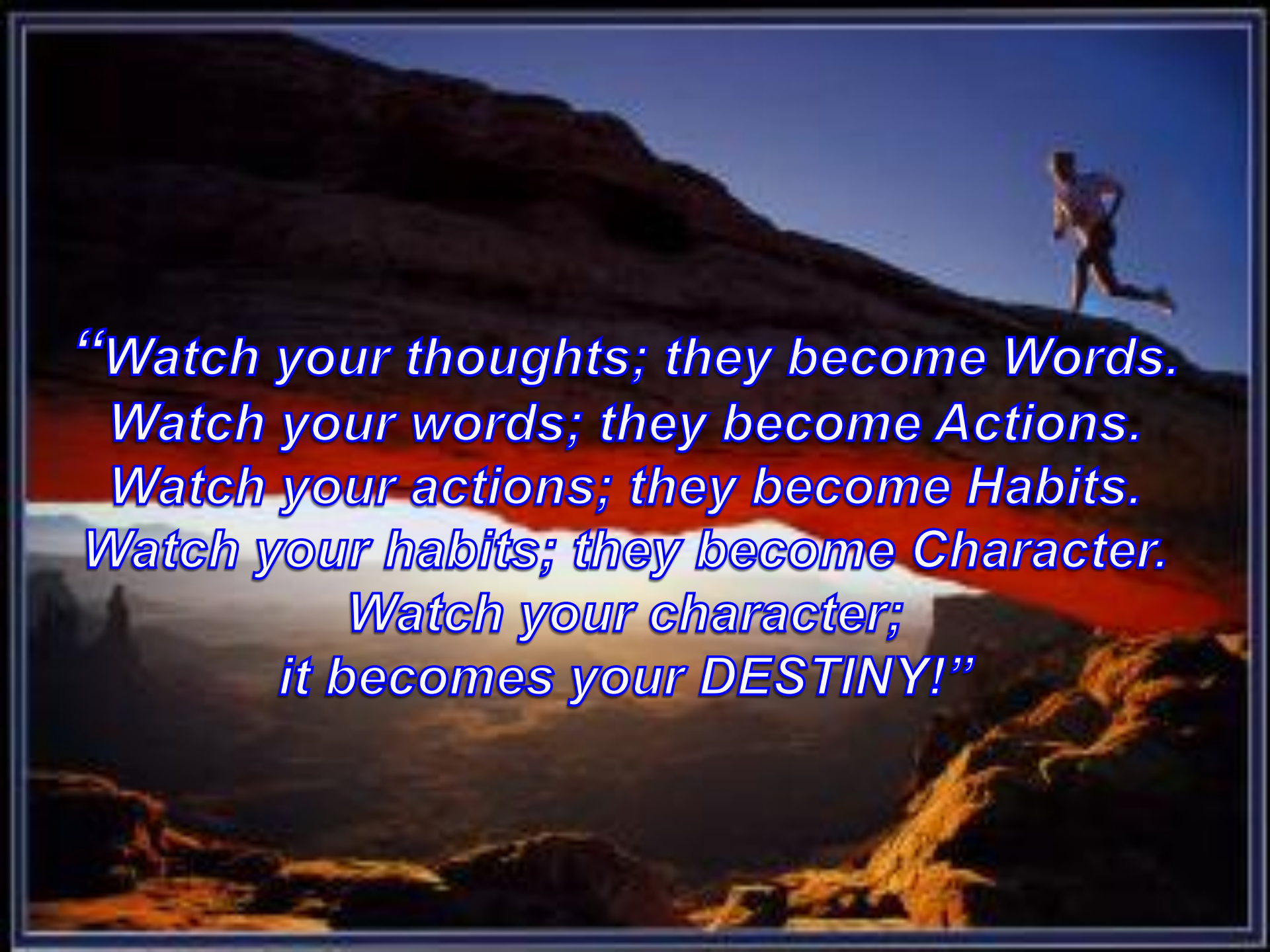
**SOMEONE HAS TO TEACH
KIDS THAT DOING WHAT
THEY WANT ISN'T ALWAYS
GOOD FOR THEM**

WHAT CAN YOU DO?

- 1) **Make changes now in your school to promote better health initiatives**
 - What could you improve or change to help improve health of students?
 - Can you help eliminate bad habits?
- 2) **Educate peers and elementary on importance on healthy lifestyle and nutrition**
 - Does your school do enough here?
- 3) **Be role models of good character and health**

**Someone has to teach kids what
to stand up for**



A person is running along the crest of a dark, silhouetted mountain ridge. The sky is a deep blue, and the foreground shows a rocky, uneven path. The overall mood is one of determination and achievement.

*“Watch your thoughts; they become Words.
Watch your words; they become Actions.
Watch your actions; they become Habits.
Watch your habits; they become Character.
Watch your character;
it becomes your DESTINY!”*